



Birth to 5 years old Infancy to Early Childhood, Preschool



- ✓ Children begin learning about themselves and the world around them from the day they are born.
- ✓ It is normal for infants to explore their bodies and as toddlers will become curious about the bodies of their parents and other children.
- ✓ Teach them that their entire body is important and that each body part has a correct name and a specific function.
- ✓ They are becoming more aware of the differences between males and females and the roles of each.
- ✓ Be prepared for questions and help them feel comfortable about asking questions.
- ✓ Find out exactly what your child is asking and wanting to know before you answer, to avoid giving more information than they want or need.
- ✓ Punishing children for self-discovery (touching themselves) sends a message of shame.
- ✓ By the time they reach the age of five, children should know the correct names of their body parts, the difference between males and females, the basics about where babies come from, that the body is private and special, and that there should be no secrets.

